

HEALTHY LIFESTYLE

TEN MYTHS ABOUT DIETING

I DON'T NEED A DIET, I'LL JUST EAT LESS...

It seems logical to assume that you'll automatically lose weight if you undereat, but it's simply not true. Think of your body as a machine; when you cut down on the fuel it needs to operate, it runs more slowly; likewise, when you cut down on food, the body slows its metabolism and you burn fewer calories. Furthermore, studies show that when dieters consume fewer than 1,200 calories daily, they'll lose muscle tissue as well as fat. (Muscle weighs more than fat, but it's more compact.) Therefore, even though your scale may register weight loss, you may actually be fatter, because the percentage of muscle in the body decreases and the percentage of fat increases.

I CAN DIET ALONE...

Most people talk about dieting far more often than they do it. Even if you know the appropriate foods and quantities, it's not easy to stick to a diet without someone cheering you on. You're likely to wake up every morning promising yourself to eat according to plan, only to break that promise during the day. Why not join a diet support group or form your own? If you make a promise to your group, your family and yourself, you'll get the encouragement you need.

I CAN EAT EVERYTHING I WANT...

Just less of it. It seems logical to think that by reducing the amount of food you usually eat you'll shed pounds, but you might be better off eating more of high-fiber, low-fat foods. The reason? The people most concerned about losing weight are usually the same people who like to eat; consequently, smaller portions will not be satisfying. This eating plan allows you to indulge your desire for large portions.

NEVER EAT BETWEEN MEALS...

In fact, dieticians strongly recommend eating low-cal munchies such as cucumbers, carrot sticks, and defatted soups to tie you over until your next meal. So, if you're a snacker, bring a bag of cut up veggies to the office to fend off the temptation of the candy machine.

ALL CALORIES ARE EQUAL...

On the contrary, your diet won't work if you substitute ice cream for an equally caloric low-fat meal. Studies show that calories derived from fat are more fattening than calories derived from carbohydrates and protein. It seems that the body burns calories to convert carbs and protein into fat for storage where as extra fat calories are stored as is.

“All diets work if you follow them correctly, but people fail in the maintenance phase.”

PROTEIN IS THE BEST DIET FOOD...

Most of us believe broiled fish and chicken are key weight reducers; however, excess protein is stored as fat. Because the RDA of protein for the average woman is just 44 grams, you'll get enough by eating a single, three or four ounce serving of animal protein or legumes daily.

EXERCISE MAKES YOU HUNGRY...

If this were true, everyone who exercised would gain weight; in reality, moderate exercise can decrease appetite. What's more, exercise produces weight loss by burning calories. It can even boost your metabolism so you burn more calories than usual.

BOUILLON IS THE PERFECT DIET SNACK...

Bouillon is too salty to be an acceptable diet aid. According to one recent study, salt appears to produce more available calories from the same amount of food by making digestion more efficient.

I CAN LOSE WEIGHT IF I SKIP BREAKFAST...

Breakfast is a must, even if you're not dieting, for energy to begin the day. Try eating a large breakfast, a smaller lunch and an even smaller dinner, or eat small portions six times a day.

DIETS WON'T WORK...

This myth is perpetuated because an estimated 95 percent of those who lose weight on a diet gain it back within one year. All diets work if you follow them correctly, but people fail in the maintenance phase. Don't go back to your old eating habits, but make sure your new diet is not so strict that you can't stick to it.

Eating Styles and Behavior

Facts

- Eating behavior develops from early family life and the way you were accustomed to feel about food.
- Unhealthy eating behavior can be replaced with a sensible eating style that helps you stay in control of your weight.
- The most important factor in eating sensibly is to select low-fat foods and prepare them so that they have as much flavor, texture, and aroma as possible.
- Discovering how, when, and where to eat these sensible foods is the behavioral step toward proper weight control.

Eating Healthy

- Try keeping a record of everything you eat. Also note the time, place, your activity at the time and your mood when you were eating.
- Reviewing your notes may help reveal where potential problems lie in your eating behavior, and help identify any changes you need to make to improve that behavior.
- Eat only in places designated for eating- this limits the number of locations associated with food.
- Take time to enjoy food when you are eating- the aroma, flavor, taste and texture- and take small bites, chewing each one well.
- Be firm about your weight reduction and maintenance goals with people- especially those close to you- who make it hard to stick with your diet.

Enjoying Your Food

- Try drinking a glass of plain or carbonated water if you think you are hungry. You may just need to satisfy your thirst.
- Try to limit most of the liquids you drink to high-flavor, low-calorie, decaffeinated beverages.
- Substitute whole fruits for fruit juices and gain extra fiber without added calories.
- Always try to have more than one kind of food at every meal. Alternated between them as you eat and enjoy the different tastes.
- Instead of choosing a sandwich as the only item you eat at a meal, eat the different ingredients of the sandwich separately for more satisfying taste and texture.
- Warm foods have more aroma than cold foods and they take longer to eat- an effect that helps to stretch the size of the portion in your own perception.
- Chewing food well heightens your eating pleasure by allowing you to experience the flavor and texture of the food more completely.

HOW TO AVOID TOO MUCH BAD FAT, SATURATED & CHOLESTEROL

Instead of frying, steam, boil or bake vegetables. If you do stir fry, use a small amount of extra virgin olive oil.

Season your vegetables with herbs and spices rather than with creamy sauces, butter or margarine.

Make pasta with tomato sauces not creamy sauces.

To reduce saturated fat, use oil instead of shortening in baked products.

Replace whole milk with skim or low fat milk in soups, baked goods, cereal and coffee.

Substitute plain low fat yogurt, blender whipped low fat cottage cheese or buttermilk in recipes that call for sour cream.

Choose lean cuts of meat from organic grass fed animals. Buy organic eggs. Buy game meat such as venison, buffalo that was ONLY grass-fed and was NOT finished with grains.

Trim fat from meat before and after cooking.

Roast, bake or broil meat, poultry and fish. No frying! Avoid doing too much grilling as well, unless you wrap the meat in aluminum foil.

Remove the skin from poultry before cooking.

Cook meat and poultry on a rack so that the fat will drain off.

Use a nonstick pan for cooking meats.

Chill meat or poultry broth until the fat becomes solid, and then spoon it off.

Avoid high fat fast foods and snacks such as Doritos, French fries, burgers, onion rings, etc. Avoid eating ANY partially hydrogenated oils such as vegetable fat or shortening or partially hydrogenated soybean oil, or margarines, or Crisco. That oil is in MANY processed foods.

Don't be afraid of eating good fats: nuts, fish, spreads like Earth Balance, blue corn chips, soy.

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Glycemic Index for Selected Foods

The glycemic index refers to the amount of glucose released by foods within 2 hours. In technical terms, it is the area under the two-hour blood glucose curve for each food expressed as a % of the area under the curve when compared to glucose. Foods with a higher glycemic index release glucose into the blood stream faster than foods with a lower index. This information can be used in the treatment of hypoglycemia, diabetes, and other conditions where glucose metabolism is important.

100%

Glucose (Sugar)

80-90%

Corn flakes
Carrots-Cooked
Parsnips
Potatoes (instant)
Maltose
Honey

70-79%

Bread (wholemeal)
Millet
Rice (white)
Weetabix
Broad beans (fresh)
Potatoes (new)
Swede

60-69%

Bread (white)
Rice (brown)
Muesli
Shredded Wheat
"Ryvita"
Water biscuit
Banana
Raisins
Mars Bars

50-59%

Buckwheat
"Rice tea" biscuits
Spaghetti (white)

50-59% continued

Peas (frozen)
Sweet corn
Yams
All-bran
Sucrose
Digestive biscuits
Potato chips

40-49%

Spaghetti (whole wheat)
Potato (sweet)
Beans (canned navy)
Peas (dried)
Oranges/orange juice

30-39%

Butter beans
Haricot beans
Black-eyed peas
Chick peas
Apples
Ice cream
Milk (whole/skim)
Yogurt
Tomato soup

20-29%

Kidney beans
Lentils
Fructose

10-19%

Soya beans
Peanuts

Meal Plan

1000 Calories	1200 Calories	1500 Calories
Carbohydrates 134g Protein 58g Fat 26g	Carbohydrates 164g Protein 54g Fat 37g	Carbohydrates 214g Protein 62g Fat 44g
Breakfast 1 Fruit (list 4) 1 Starch/Bread (list1) 1 Milk (list 5) *Free Foods (list 7)	Breakfast 1 Fruit (list 4) 2 Starch/Bread (list1) 1 Fat (List 6) 1 Milk (list 5) *Free Foods (list 7)	Breakfast 1 Fruit (list 4) 2 Starch/Bread (list1) 1 Fat (List 6) 1 Milk (list 5) *Free Foods (list 7)
Lunch 2 Meat (list 2) 1 Starch/Bread (list 1) 1 Fruit (list 4) *Free Foods (list 7)	Lunch 1 Meat (list 2) 2 Starch/Bread (list 1) 1 Fruit (list 4) 1 Fat (List 6) *Free Foods (list 7)	Lunch 1 Meat (list 2) 2 Starch/Bread (list 1) 1 Vegetable (list 3) 1 Fruit (list 4) 1 Fat (List 6) *Free Foods (list 7)
Afternoon Snack 1 Fruit (list 4)	Afternoon Snack 1 Fruit (list 4)	Afternoon Snack 1 Fruit (list 4)
Dinner 2 Meat (list 2) 1 Starch/Bread (list 1) 1 Vegetable (list 3) *Free Foods (list 7)	Dinner 2 Meat (list 2) 1 Starch/Bread (list 1) 1 Vegetable (list 3) 1 Fruit (list 4) 1 Fat (List 6) *Free Foods (list 7)	Dinner 2 Meat (list 2) 2 Starch/Bread (list 1) 1 Vegetable (list 3) 1 Fruit (list 4) 2 Fat (List 6) *Free Foods (list 7)
Evening Snack 1 Starch/Bread (list 1) 1 Milk (list 5)	Evening Snack 1 Starch/Bread (list 1) 1 Milk (list 5)	Evening Snack 1 Starch/Bread (list 1) 1 Milk (list 5) 1 Fruit (list 4)

Daily Meal Plan Selections

Glycemic Index GI: Is a measure of the ability of a carbohydrate to raise blood sugar (Glucose) levels after a meal. When blood sugar levels rise, insulin levels also increase to carry the Glucose into our cells. By choosing low GI carbs- less insulin is produced and the risks of heart disease and diabetes are lowered dramatically. It is the key to sustainable weight loss.

Key Benefits

- 1) Weight loss and weight control
- 2) Increase the body's sensitivity to insulin
- 3) Improved diabetes control
- 4) Reduce risk of heart disease
- 5) Reduced blood cholesterol levels
- 6) Symptom management of PCOS
- 7) Reduce cravings and help you to feel full longer
- 8) Increased endurance

Phase 1 Choose GI below 55 (most often)- weight reduction phase

Phase 2 Choose GI up to 70 (more often)- Introduction phase of higher GI foods over several weeks.

Phase 3 Choose GI up to 70 (high GI foods less often)- Maintenance occasional high GI foods but average daily GI less than 70.

1. STARCHES AND BREAD

One portion of each food in this list contains about 15g of carbohydrate, 3g protein, a trace of fat, and 80 calories. To choose a similar portion of a starch or bread not listed, follow these general rules:

- Cereal, grain, pasta.....1/2 cup
- Bread product.....1 oz

Breads

Bagel -72

Bun (hamburger, hot dog)- 61

English muffin- 77

Pita (4" across)- 57

Tortilla, flour or corn (6" across)- 52

Whole wheat- 69, rye-, pumpernickel- 46

Recommended low glycemic index breads: Sourdough bread 52

Whole grain pumpernickel 46

Portion

1/2 (1 oz)

1/2 (1 oz)

1/2

1/2

1 slice (1 oz)

Cereals/Grains/Pasta

Bran Cereal- 38	
Bran Buds- 58, All-Bran- 42	½ cup
Cooked Cereal, grits, bulgur- 48	½ cup
Grapenuts- 67	3 Tbsp
Macaroni, noodles, spaghetti (cooked)- 41	½ cup
Whole Wheat Spaghetti- 37	½ cup
Rice, white-56 or brown- 55	½ cup
Shredded wheat- 69	½ cup
Wheat germ -	3 Tbsp
Recommended: Cereal =All Bran-42 and Special K-54, Grains= Barley- 25, Converted Rice- 47, Bulgur- 48, Brown Rice- 55	

Crackers/Snacks

Graham cracker (2 ½" square)	3
Matzo	¾ oz
Melba Toast- 70	5 slices
Oyster crackers-	24

Crackers/Snacks cont...

Popcorn, popped, no fat added- 55-89	3 cups
Pretzels- 83	¾ cups
Rye crisp (2"x3 ½")- 63	4

Starchy Vegetables

Baked Beans- 48	¼ cup
Corn Cob- 55	½ cup or 6" cob
Lentils- 29, beans, or peas (dried), such as kidney, white, split, black-eyed	1/3 cup
Lima beans- 36	½ cup
Peas, green (canned or frozen)- 32	½ cup
Potato, baked- 111	1 small (3 oz)
Potato, mashed with butter - 97	½ cup
Winter squash (acorn, butternut)- 60	¾ cup
Yam or sweet potato, plain- 54	1/3 cup
Recommended: Lentils- 29, Soy Beans- 18, Chickpeas- 33, Baked Beans- 48	

Starch Foods Prepared with Fat

(Count as 1 starch/bread exchange and 1 fat exchange)

Biscuit (2 ½" across)- 70	1
Chow mein noodles-	½ cup
Corn bread (2" cube)- 72	1 (2 oz)
Cracker, round butter type	6
French fried potatoes (2"-3 ½" long)	10 (1 ½ oz)
Muffin (small, plain)	1
Corn- Low-amyllose- 102	
Corn- High-amyllose- 49	
Taco shell (6" across)- 68	2

2. MEATS AND MEAT SUBSTITUTES

One portion of each food in this list contains about 7 g protein, **Lean meats and lean meat substitutes** have about 55 calories per serving; other meat items have 78 to 100 calories per serving. To follow a diet low in cholesterol and saturated fat, choose the **lean meats, fish** and other items that appear in bold type. Portions are weighed after cooking and with skin, bones, and fat removed.

Beef

Lean cuts, such as **USDA Good/Choice**

**round, sirloin, or flank steak, tenderloin,
chipped beef**

4-6 oz

All other cuts

1 oz

Cheese

Cottage or ricotta

¼ cup

Diet (less than 55 calories per oz)

1 oz

Parmesan, grated

2 Tbsp

Other cheese (except cream cheese)

1 oz

Eggs

Egg substitute

(less than 55 calories per ¼ cup)

¼ cup

Egg white

3

Egg, whole

1

Fish and Seafood

All fresh or frozen fish

1 oz

Clams, crab, lobster, shrimp,

scallops	2 oz
Herring, smoked	1 oz
Oysters	6 medium
Sardines (canned)	2 medium
Tuna (water-packed)	¼ cup
Salmon (canned)	¼ cup

Miscellaneous

Hot dog (10 per lb)	1
Lamb (all cuts)	1 oz
Liver, heart, kidney, sweetbreads	1 oz
Luncheon meats- 95% fat free ; all others	1 oz
Peanut butter	1 Tbsp
Sausages, such as Polish, Italian, smoked	1 oz

Pork

Lean cuts, such as Canadian bacon; fresh ham, canned, cured, boiled ham; tenderloin	1 oz
Other cuts	1 oz

Poultry

Chicken, turkey, Cornish hen (skin removed)	1 oz
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Veal

Lean chops and roasts	1 oz
Cutlets	1 oz

3. VEGETABLES

One portion of each vegetable in this list contains about 5 g carbohydrate, 2 g protein, and 25 calories. If no portion size is listed, the following measurements should be used:

- Cooked vegetables or juice- ½ cup
- Raw vegetables- 1 cup

Check Free Foods (List 7) and Starches/Breads (List 1) for vegetables not listed here.

Asparagus	Eggplant	Sauerkraut
Beans (green, wax, Italian)	Greens (collard, mustard, etc...)	Spinach (cooked)
		Summer squash

Bean sprouts	Mushrooms	(crookneck)
Beets	(cooked)	Tomato (1 large)
Broccoli	Okra	Tomato or
Brussels sprouts	Onion	vegetable juice
Cabbage (cooked)	Pea pods	Turnip
Carrots-raw-16,cooked- 92	(snow peas)	Water chestnuts
Cauliflower	Peppers (green)	Zucchini (cooked)

4. FRUITS

One portion of each fruit here contains about 15 g carbohydrate and 60 calories. To choose a similar portion of a fruit not listed, follow these general rules:

- Fresh, canned or frozen fruit, no sugar added.....
- Dried fruit.....

Dried Fruits

	Portion
Apple- 36	4 rings
Apricot- 32 dried	7 halves
Date (medium)- 45Khalas, Australian- 103	2 ½
Fig- 61	1 ½
Prune (medium)- 29	3
Raisins- 64	2 Tbsp

Fruit Juices

Apple juice or cider- 41	1/2 cup
Cranberry juice cocktail- 52-68	1/3 cup
Grape juice- 48	1/3 cup
Prune juice-	1/3 cup
Other, such as orange- 52, pineapple- 46, etc...	1/3 cup

Recommended:

Fruit

Apple, raw (2" across)- 36	1
Applesauce, no sugar added-	½ cup
Apricot, raw (medium)- 57	4
Banana (9" long)- 51	½
Blackberries or blueberries, raw	¾ cup
Cantaloupe or honeydew melon- 65	1 cup
Cherries raw (large)- 22	12
Fig raw (2" across)- 61	2
Fruit cocktail, canned- 55	½ cup

Grapefruit (medium)- 25	1/2
Grapefruit segments-	3/4 cup
Grapes (small)- 49	15
Kiwi (large)- 47-58	1
Mandarin orange- 19	3/4 cup
Nectarine (2 1/2" across)-	1
Orange (2 1/2" across)- 48	1
Papaya- 60	1 cup
Peach (2 3/4" across)- 28	1 whole or 3/4 cup
Pear- 36	1/2 large or 1 small
Persimmon (native, medium)	2
Pineapple, fresh- 66	3/4 cup
Pineapple, canned-	1/3 cup
Plum, raw (2" across)- Canada- 24, Italy- 53	2
Raspberries, raw-	1 cup
Strawberries, raw (whole)- 40	1 1/4 cup
Tangerine (2 1/2" across)-	2
Watermelon- 80	1 1/4 cup

5. MILK AND MILK PRODUCTS

One portion of each milk or milk product on this list contains about 12 g carbohydrate and 8 g protein. These foods also contain 1 to 8 g fat and 90 to 150 calories per serving, depending on their butterfat content. Choose foods from the skim and lowfat milk groups as often as possible, because they contain less butterfat than do whole milk products.

Skim and Very Lowfat Milk

	Portion
Skim, 1/2% or 1% milk- 32	1 cup
Buttermilk, lowfat-	1 cup
Evaporated skim milk	1/2 cup
Nonfat dry milk	1/3 cup
Nonfat yogurt, plain-	8 oz

Lowfat Milk

(Count as 1 milk exchange and 1 fat exchange)

2% milk	1 cup
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Lowfat yogurt, plain
(with added nonfat milk solids) 8 oz

Whole Milk

(Count as 1 milk exchange and 2 fat exchanges)

Whole milk 1 cup
Evaporated whole milk- 27 ½ cup
Whole yogurt, plain 8 oz

6. FATS

One portion of each food on this list contains about 5 g fat and 45 calories. Choose unsaturated fats instead of saturated fats as often as possible.

Unsaturated Fats

Almonds, dry roasted 6 whole
Avocado 1/8
Margarine 1 tsp
Margarine, diet 1 Tbsp
Mayonnaise 1 tsp
Oil (corn, cottonseed, olive,
peanut, safflower, soybean, sunflower) 1 tsp
Olives 10 small or 5 large
Peanuts 20 small or 10 lg
Pecans or walnuts 2 whole
Salad dressing, mayonnaise-type 2 tsp
Salad dressing, other varieties 1 Tbsp
Sunflower seeds 1 Tbsp

Saturated Fats

Bacon 1 slice
Butter 1 tsp
Coconut, shredded 1 Tbsp
Coffee whitener, liquid 2 Tbsp
Coffee whitener, powdered 4 tsp
Cream (light, coffee, table, sour) 2 Tbsp
Cream (heavy, whipping) 1 Tbsp
Cream cheese 1 Tbsp

7. FREE FOODS

Each free food or drink contains fewer than 20 calories per serving. You may eat as much as you want of free foods that have no portion size given; you may eat two or three servings per day of free foods that have portions listed. Be sure to spread your servings throughout the day.

Drinks

Bouillon or broth, no fat, low sodium
Cocoa powder, unsweetened baking type (1 Tbsp)
Coffee or tea
Soft drinks, calorie-free, including carbonated drinks

Condiments

Ketchup (1 Tbsp)
Dill pickles, unsweetened
Horseradish
Hot sauce
Mustard
Salad dressing, low-calorie, including mayonnaise-type (2tsp)
Taco sauce (1 Tbsp)
Vinegar

Sweet Substitutes

Gelatin, sugar-free
Jam or jelly, sugar-free (2 Tbsp)

Seasonings

Seasonings can be used as desired. If you are following a low-sodium diet, be sure to read the labels and choose seasonings that do not contain sodium or salt.

Flavoring extracts

(vanilla, almond, butter, etc)

Garlic or garlic powder

Herbs, fresh or dried

Lemon or lemon juice

Lime or lime juice

Onion powder

Paprika

Pepper

Pimento

Spices

Soy Sauce

Worcestershire sauce

Fruits

Cranberries or rhubarb, no sugar (½ cup)

Vegetables (raw, 1 cup)

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Are You Really Serious About Losing Weight?

You should be. Obesity is a disease that is commonly associated with other serious medical conditions, such as: diabetes, high blood pressure, heart disease, gall bladder disease, elevated cholesterol and arthritis. The treatment of obesity can often have a beneficial effect on these associated medical problems.

Obviously, a health measure as important as losing weight and keeping it off should be supervised by a physician with special interest, knowledge, skill and experience in the treatment of obesity.

Our approach is to focus on all aspects of successful weight loss and to provide an individualized program tailored to the specific needs, lifestyle and particular health problems of each person.

General Guidelines

All meats should be roasted, grilled, baked, or broiled, without added sauces, gravies, flour or fat.

Eat preferably fresh fruit, rather than canned.

Use either 1% milk or skim milk. No cream or sugar in coffee or tea, may use artificial sweeteners.

Use diet jello, diet soda, baby carrots or fruits to satisfy the craving for sweets.

Avoid eating or drinking anything that is not included in this diet, especially: Fatty foods, oils, gravies, cream sauces, hot dogs, fast food, junk food, sweets and alcohol.

Drink at least six glasses of fluids a day, use green tea w/lemon.

Limit pasta, potato and rice dishes to twice a week.

Take a good multivitamin every day. Weigh yourself once a week.

Fiber is you're friend- 1-2 tbsp ground flax seed and/or 1-2 tsp-tbsp psyllium husk. Combine both in 8 oz water twice daily. Helps control appetite and helps you to feel fuller longer.

Breakfast

Choice of ONE of the Following:

1. Two eggs with one slice of whole grain bread- rye and pumpernickel best choices!

2. One cup of non-sugary cereal, ie: Special K, Kashi Go Lean with skim milk, almond or rice milk
3. Kashi Go Lean Oatmeal.. no instant oatmeal!!
4. Six ounces of low fat yogurt- plain. Add fresh blueberries, strawberries, blackberries or raspberries.

Add 2 TBSP Ground Flax Seeds

5. Meal replacement bar or shake

Snack-

Apple, Peach, Raspberries, strawberries (1 cup)
 Almonds- 6 whole Peanuts-20 small or 10 large
 Pecans or walnuts- 2 whole Sunflower- 1tbsp
ALL NUTS UNROASTED AND UNSALTED!!!
 Vegetables- 1 cup raw

Lunch

Choice of ONE of the Following:

1. Tossed salad with oil and vinegar plus 4 to 6 oz chicken
2. Tortilla Factory Smart and Delicious Wrap with your choice of protein 4 to 6 oz
3. 4 to 6 oz chicken breast, tuna, turkey or lean cuts of beef
4. 1 can of tuna on 1 slice of rye or pumpernickel
5. 1 slice of rye or pumpernickel with almond nut butter or low sugar peanut butter
6. Meal Replacement bar or shake, add 2 tbsp ground flax seeds to shakes

Plus the following if you still feel hungry after thirty minutes:

1 cup of low fat yogurt with 2 tbsp ground flax seeds

1 fruit

1 to 2 wedges of laughing cow light cheese

Small garden salad with olive oil and vinegar, no cheese

Snack-

Apple, Peach, Raspberries, strawberries (1 cup)

Almonds- 6 whole Peanuts-20 small or 10 large
Pecans or walnuts- 2 whole Sunflower- 1tbsp
Vegetables- 1 cup raw

Dinner

Choice of ONE of the following:

Natures Promise Chicken Breasts>Stop and Shop

1. 6 ounces of chicken, skin removed
6 ounces of vegetables
6 ounces of tossed salad with low calorie dressing
2. 6 ounces of turkey
6 ounces of vegetables
6 ounces of tossed salad with low calorie dressing
3. 6 ounces of seafood
6 ounces of vegetables
6 ounces of tossed salad with low calorie dressing
4. 6 ounces of beef, lamb or veal
6 ounces of vegetables
6 ounces of tossed salad with low calorie dressing

Do I have to Exercise???

**Thirty minutes of exercise per day. Can be separated to 15 minutes in am/pm
at least 5 days per week!**

Build yourself up slowly if you are extremely overweight.

No weight reduction plan is successful without exercise. Remember motion is lotion, so get off the couch and move.